



“THE BIRTHPLACE OF THE STATE OF NEW YORK”
OFFICE OF THE MAYOR

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FOR IMMEDIATE RELEASE:

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**WHITE PLAINS COMES TOGETHER FOR “JUMP IN AND SWIM”
MONTH**

White Plains, NY – March 16, 2015. White Plains’ 3rd Annual “Jump In and Swim” Month begins March 20 and will run through April 11.

As part of “Jump In and Swim” Month, free swim classes and water-based activities will be offered to residents of all ages throughout the month. Participants in this effort to help children and adults learn basic swim skills and water safety are: White Plains Hospital, White Plains Recreation and Parks Department, White Plains YMCA, YWCA of White Plains & Central Westchester, White Plains Youth Bureau and the White Plains City School District.

Mayor Roach is encouraging all White Plains families to take the plunge! With summer around the corner, there’s no better time to learn how to swim or improve your swimming skills. “Swimming is a basic life skill,” said Mayor Roach. “This initiative, in its third year, aims to give all residents – young and old – the chance to learn or improve their skills. After all, knowing how to swim can save your life.”

Recreation and Parks Commissioner Wayne Bass said, “This is a great collaboration between the primary aquatic facilitators in the City. What a tremendous opportunity for our residents to be able to visit, swim and experience all that each of our programs has to offer for free.”

“Being safe in and around the water is key,” adds Tom Hay, Executive Director of the White Plains YMCA. “This unique City-wide initiative provides free opportunities for White Plains residents to learn water safety practices and basic swimming skills.”

(More)



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Each participating agency has contributed time and resources to making “Jump In and Swim” Month” a wave of opportunity for the residents of White Plains. Some of the activities on tap for the month include:

- Learn to swim activities for participants in the White Plains Youth Bureau After-school Program hosted by the White Plains High School Swim Team
- Let the Games Begin: Water Olympics Fun for Beginners, Intermediate and Advanced Swimmers hosted by the White Plains Recreation and Parks Department
- Parent/Toddler Swim, Free Family Swim and Water Safety for parents and children held at the YWCA of White Plains & Central Westchester
- Splash Week - Learn to Swim activities at the White Plains YMCA
- Aqua Zumba Pool Party for teens –adults at White Plains High School
- A program-ending Swim Jamboree at the White Plains YMCA

In addition, White Plains Hospital has arranged for every participant to receive a Jump In and Swim Towel free of charge in recognition of this City-wide initiative.

Maria Imperial, Chief Executive Officer YWCA White Plains & Central Westchester adds “The YWCA is thrilled to be part of the White Plains Jump In and Swim initiative. According to [USA Swimming](#), 70% of African-American children and nearly 60% of Hispanic children cannot swim. Learning to swim is a life skill that will keep our children safe.”

To see a full listing of all Jump In and Swim Month activities, visit the City website at www.CityofWhitePlains.com.

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